



THERE'S ANOTHER BUN IN THE OVEN

SEVEN MONTHS AFTER GIVING BIRTH TO A BABY GIRL, JESSICA SIMPSON IS PREGNANT AGAIN PAGE 25



OTTAWA

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Thursday, November 29, 2012



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Elementary school teachers plan job action

Bill troubles. Union president says any deals struck with the province won't affect legal challenges to province's Bill 115



GRAHAM LANKTREE
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Ottawa elementary teachers, who will begin strike action on Dec. 3, remain doubtful any deal made will be ratified just a day after two Ontario unions failed to sign contracts they struck with the province.

"Basically, Monday we will be striking," said Jan Fraser, first vice-president of the Ottawa-Carleton Elementary Teachers' Federation, as her union began bargaining a new contract with the Ottawa-Carleton District School Board on Wednesday. "We will be supervising and teaching. We won't be

Quoted

"Basically, Monday we will be striking."

Jan Fraser, first vice-president of the Ottawa-Carleton Elementary Teachers' Federation

doing anything related to ministry initiatives."

Teachers will not complete assessments mandated by the board, will steer clear of professional development and cancel upcoming field trips unless parents and principals take the lead, said Fraser.

"Bill 115 is making it very difficult to get a deal," she said of legislation the teachers are bucking against, which freezes teacher's wages, bans strikes for two years and prevents them from banking sick days.

Fraser said that the union is giving schools until Dec. 10 to organize alternatives to field trips.

"Christmas concerts are going ahead if they're with-

in the instructional day," she said.

"I would like to highlight that if this were a democratic process, we wouldn't be here."

Unions are going to have to learn to stick together, she said.

Yet that is proving difficult after the members of two local Ontario Secondary School Teachers' Federation (OSSTF) unions in York and Niagara failed to sign deals negotiated by union bosses Tuesday.

Other deals have been struck, and the Ottawa Catholic School Board signed new contracts with two unions Tuesday.

"We don't think our members will accept anything with Bill 115 provisions," said Fraser as she took a break from the bargaining table.

Still, if teachers are not able to forge new deals by Dec. 31, the province will impose a new contract on their unions under Bill 115.

WITH FILES FROM JOE LOFARO



Students from Mother Teresa Catholic High School head to class in this Sept. 4 file photo. The Catholic school board's contract deals have been ratified while Ottawa public school teachers, who will begin strike action on Dec. 3, remain doubtful any deal will be made as talks between their union and the province failed. JOE LOFARO/METRO



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Psychiatric tests ordered for man accused of murdering mother

Deadly fire. 'There are concerns and the court shares them, and that's why a forensic psychiatric opinion is being sought,' says son's lawyer



JOE LOFARO
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A man charged with first-degree murder in the death of his mother made a brief court appearance on Wednesday morning for a psychiatric assessment.

Rene Goudreau, 30, of Ottawa, was charged on Tuesday evening after a fatal fire ripped through a Bayshore apartment bedroom at 90 Woodridge Cres., where sources say Goudreau's mother, Lucie, 53, was the tenant.

A judge ordered a 30-day fitness assessment to determine if Goudreau is fit to stand trial. He will be remanded into custody at a

regional detention centre until a bed is available at the Royal Ottawa Hospital.

During his first appearance before a judge on Tuesday night, Goudreau was dishevelled and appeared unstable, chattering to police officers in the courtroom about martial arts.

He is scheduled to appear in court again on Dec. 28.

Goudreau's lawyer, Douglas Baum, said his client has been ill for some time and has limited family support. Goudreau didn't enter a plea, Baum added, because there is a concern for his perception of reality and the proceedings.

"He does appear to be unstable. I think that was obvious," Baum said outside the courthouse on Wednesday. "There are concerns, and the court shares them, and that's why a forensic psychiatric opinion is being sought."

Baum said he would prefer that the assessment be done at the hospital.

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A police officer walks away from 90 Woodridge Cres., where signs of the fire that killed Lucie Goudreau, 53, early Tuesday morning are starkly evident. MIKE CARROCCETTO/FOR METRO

Extra innings needed to bring AA ball to Ottawa

Negotiations to bring an AA Eastern League baseball team are going, going ... stalled.

Mayor Jim Watson issued a memo to councillors late on Wednesday afternoon saying negotiations between Beacon Sports Capital Partners and the Eastern League to bring a double-A team to Ottawa are going to take longer than the city had expected.

"Given the complexity of the commercially confidential discussions still underway with a number of



A group of local fans has set up the Champions for Ottawa Baseball website in the hope of attracting a team to the region with a season ticket drive. To learn more, go to champsottawabaseball.ca. SCREENGAB

parties, with the continued support of the Eastern League, Beacon Sports Cap-

ital Partners has asked that negotiations be allowed to continue into the early part

of 2013," the memo reads.

Watson said he remains "optimistic" that the dis-

cussions will lead to a final agreement next year, with baseball returning to Ottawa in 2014.

Beacon and the city first reached an agreement in principle in early September.

Watson said the city was informed that Beacon had also reached an agreement in principle with the Eastern League.

Ryan Kennery, a spokesman for Watson, would only say that negotiations are ongoing.

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Politics. Alliance 'disappointed' services cut from city budget

The Alliance to End Homelessness (ATEH) said it is "disappointed" city council failed to save all essential services for the city's most vulnerable from being cut in the 2013 budget.

The budget increased a transition fund to address "extreme hardship" experienced by individuals in need from \$250,000 to \$500,000. But Lynne Browne, ATEH executive director, said it isn't enough to address a \$2.5-million shortfall in funding from the province next year, which was to fund programs like funeral services and respiratory supplies for low-income residents.

"All those services were used last year. People needed them in our community," she said. "So when the \$500,000



The Alliance to End Homelessness executive director Lynne Browne, centre, said her group will make a case to the province about reinstating funding for low-income families. JOE LOFARO/METRO

runs out then people are left on their own to deal with those expenses."

JOE LOFARO/METRO

Vote

Councillors OK planning work for Glebe footbridge

Council voted to spend \$2 million on detailed design work for a footbridge over the Rideau Canal near Fifth Avenue and Clegg Street.

Six councillors voted against the spending. Council is considering the project, which is expected to cost \$17.8 million in total, partially as a way to increase transportation options to the redeveloped Lansdowne Park.

Coun. David Chernushenko said getting the design work now would ensure the project would be "shovel ready" for the next round of federal and provincial capital spending, expected in the next couple of years.

ALEX BOUTILIER/METRO

Fall 2012

City auditor general to release report

Municipal auditor general Alain Lalonde will release his office's Fall 2012 report Thursday afternoon.

Lalonde will table the report with the municipality's audit subcommittee at 1:30 p.m.

The report will include a range of topics, with chapters on OC Transpo bus-operator scheduling and cancelled-bus-trip communication, management of vacant positions, corporate communications, procurement practices and budgeting for growth funding.

It will also look back on six audits from 2009, including grants and contribution and a payroll audit.

ALEX BOUTILIER/METRO



Ottawa city councillors voted unanimously to pass the 2013 budget, with a 2.09 per cent tax increase. SEAN MCKIBBON/METRO

2.09% tax hike approved by council

2013 budget. Vote puts end to a month-long review process



ALEX BOUTILIER
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Ottawa city councillors voted unanimously Wednesday morning to pass their 2013 budget.

The budget was largely unchanged from the draft tabled by Mayor Jim Watson Oct. 24, with minor tweaks to com-

munity services to make up for provincial budget cuts.

The budget includes a 2.09 per cent tax hike — the lowest increase of this current council's mandate.

Watson thanked both staff and councillors for working together on the budget, calling it "progressive" and "balanced."

"Every day we're faced with challenges that test our ability to weigh options and evaluate resources in delivering the government that people want and need," said Watson, addressing council before the vote.

"We faced a different set of

challenges in this budget than we did in the first two budgets."

Those challenges included a provincial download that put pressure on the municipality's community and protective-services budget. That ended up being the most substantial change to the budget, with \$250,000 moved around to help the municipality's most vulnerable.

That's on top of the \$4 million included in the budget to help ease the pain of a \$7-million cut from Queen's Park.

At the beginning of their mandate, council vowed to

stick at or below the 2.5 per cent mark for annual property tax increases. When asked why council stuck with the 2.09 per cent hike in the face of those provincial cuts, Watson said agreeing to take up the full balance would send the wrong signal.

"I think it would send a very bad signal to any level of government if we simply roll over and say we'll absorb everything," Watson told reporters after the vote.

"So we've done what we can. We think it's a reasonable, balanced approach."

Councillors frustrated by project delays

One of the only curveballs in Wednesday's budget deliberations at Ottawa City Hall was a pair of motions from Coun. David Chernushenko to re-direct \$200,000 from the city's corporate communications department.

Chernushenko made two

separate motions to shave \$100,000 from the \$4.2-million communications budget in an attempt to hire planning-department staff to roll out parkland and cycling projects.

"Many of us have long lists of spending that we've already decided what we want to do

and we've got the money for it and the community has agreed, but ... actually doing the work seems to be interminable," Chernushenko said after the meeting.

A frustrated Coun. Diane Holmes suggested it would be easier for her to send a plan-

ner to orbit than to get a skateboard park built in her area.

Chernushenko eventually withdrew both motions in favour of Mayor Jim Watson directing staff to attempt to address the backlog of projects within their existing budgets.

ALEX BOUTILIER/METRO

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Killer robots need to have a tight leash, military experts urge

Accountability. Code of conduct needed to govern unmanned roboweapons



GRAHAM LANKTREE

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Swarms of killer kamikaze nanobots and tanks that drive and shoot autonomously are not far in the future and need to be debated as Canada prepares to purchase its first weaponized drones, said experts Wednesday.

"In the Democratic Republic of the Congo, I think it could be very useful to use UAVs to monitor the ravaging they're doing in terms of raping women and pillaging villages," said professor Errol Mendes from the University of Ottawa's faculty of law during a talk at Canada's Department of Foreign Affairs Wednesday.



This Nov. 2011 photo shows a Predator B unmanned aircraft landing after a mission at the Naval Air Station in Corpus Christi, Texas. THE ASSOCIATED PRESS

"The debate becomes quite different when the drones are armed and then targeting lawful or unlawful combatants from 30,000 feet," he added, addressing the legal and ethical quandaries of using weaponized robots during the panel discussion.

Warbots: Changing the Face of War. "The issue then becomes — what are the accountability and monitoring systems that go with that?" he said.

Canada first planned to use weaponized drones as nations banded together to

oust Libyan dictator Muammar al-Gaddafi in 2011. But a plan to purchase the weapons fell through, since the war ended before they could be bought. By July 23 this year, the government had put out a request for proposals to companies sell-

ing the robots, indicating it intends to spend \$1 billion on a fleet.

"The navy doesn't want to deploy without this kind of asset," said Brig-Gen. Derek Joyce as he took part in the Warbots talk, suggesting that their primary role would be

domestic surveillance of the Arctic. Canada has not yet settled on a drone manufacturer, he said, but would also need target acquisition and precision-strike capabilities.

Joyce agreed that ground rules need to be set around drones. "There will always be a person in control. We look at UAVs, if they're weaponized, the same way we look at F-18s," he said. "We have a common rule of engagement that we overlay for F-18s. We would do the same thing for UAV operations."

Despite assurances, a debate needs to be had publicly, since the technology is developing at a rapid rate and will eventually lead to autonomous weapons, said Paul Hannon of Mines Action Canada, which advocates against weapons that have a large impact on civilians.

"I do think there are ethical issues and accountability issues with drones," he said. "I don't think they're being fully discussed and appreciated."

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S. Korea moves to stem digital addiction

Kindergarten. Kids from age 3 to 5 will be taught to protect themselves from overusing digital gadgets and Internet

In South Korea, where the government provides counselling programs and psychological treatment for about

two million people who cannot wean themselves from playing online computer games, youngsters have previously not been considered as potential addicts.

But now the government is concerned enough to make it mandatory for children as young as three to be schooled in controlling their device and Internet use.

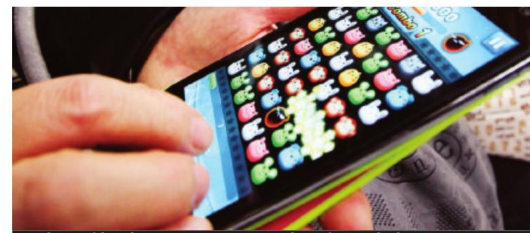
Starting next year, South Korean children from age three to five will learn in

kindergarten how to control their exposure to digital devices and the danger of staying online for long hours. The Ministry of Public Administration and Security is revising laws so that teaching the danger of Internet addiction becomes mandatory from pre-school institutions to high schools.

The National Information Society Agency estimates 160,000 South Korean children between age five and

nine are addicted to the Internet either through smartphones, tablet computers or personal computers.

New mobile devices that instantly respond to a touch of a finger seem to make children more restless than before and cause a lack of empathy, said Kim Jun-hee, a kindergarten teacher who conducted an eight-month study on Internet safety and addiction education for pre-school children. **THE ASSOCIATED PRESS**



A subway rider plays a game on a smartphone in Seoul. The government estimated 2.55 million people across South Korea are addicted to smartphones, using the devices for eight hours a day or more.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

Polygamist property

Texas trying to seize Jeffs's ranch

Texas wants to take ownership of Warren Jeffs's polygamist ranch, where the convicted sect leader and his followers sexually assaulted children, state prosecutors said. The Texas attorney general's office filed a seizure warrant Wednesday. A judge will determine whether the state can take control of the 1,600-acre property owned by the Fundamental Church of Jesus Christ of Latter-day Saints. **THE ASSOCIATED PRESS**

Pimping charges

Strauss-Kahn ruling delayed

A French court on Wednesday pushed back a ruling on whether to drop aggravated pimping charges against Dominique Strauss-Kahn.

Three Appeals Court judges in the northern city of Douai set a new date of Dec. 19 to decide the demand by the former IMF chief to annul the charges linking him to a suspected prostitution ring run out of a luxury hotel in Lille. **THE ASSOCIATED PRESS**



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Tory pollster puts Harper on the spot

Liberals want PM to apologize.

Firm censured for conducting a misinformation campaign against MP

Liberals are demanding an apology from Prime Minister Stephen Harper over the conduct of a Tory pollster.

Campaign Research was censured for conducting a

Quoted

"The effort to dislodge Mr. Cotler was, to use a technical term, disgusting. It was beyond any standard we've ever known."

Bob Rae,
interim Liberal leader

misinformation campaign against MP Irwin Cotler.

An investigation by the market research industry's watchdog, the Market Research and Intelligence Association, concluded Wednesday that the actions of Campaign Research Inc. brought the industry into disrepute.

The association received seven complaints of professional misconduct against Campaign Research.

The complaints related to a voter identification poll the company conducted last autumn on behalf of the federal Conservative party in Cotler's Montreal riding.

The company's callers suggested to constituents — falsely — that Cotler either had or was about to quit as Liberal MP.

Cotler said the Conservatives must now take responsibility for the conduct of their pollster.

THE CANADIAN PRESS



Hi, partner!

They're partners in trade. Two North American leaders meet in Ottawa to cement ties and talk economics. Prime Minister Stephen Harper and Mexico's president-elect Enrique Peña Nieto hold a news conference on Parliament Hill on Wednesday. Peña Nieto was making a whirlwind visit just three days before being sworn in. He had travelled to Washington, D.C., to meet with U.S. President Barack Obama. Peña Nieto wants to encourage Canadian investment in his country's state-run oil company.

SEAN KILPATRICK/THE CANADIAN PRESS



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Status vote. UN bid the last chance to secure two-state solution, Palestinians say

A bid for UN recognition of a state of Palestine is a last-ditch attempt to rescue troubled Middle East peace efforts, a Palestinian spokeswoman said Wednesday, rejecting Israel's charge that it is an attempt to bypass negotiations.

Hanan Ashrawi, a senior Palestinian official, urged the U.S. to drop its opposition to the bid, dismissing Washington's stance as "pathetic" and harmful to American interests in the region. The Palestinians have come under intense pressure from the U.S., Britain and others to modify the bid but "have not succumbed," she said.

On Thursday, Palestinian President Mahmoud Abbas plans to ask the UN General Assembly to recognize Palestine in the West Bank, Gaza and east Jerusalem — areas Israel captured in the 1967 Middle East war. Israel withdrew from Gaza in 2005, but still controls most access.

The Palestinians expect some two-thirds of the General Assembly's 193 members will accept Palestine as a non-member observer state. The U.S., Israel, Canada and a few

Settlements

Abbas has said he will not negotiate as long as Israel keeps expanding settlements on war-won land.

- **West Bank.** Half a million Israelis now live in the West Bank and east Jerusalem, blurring the 1967 lines.
- **Netanyahu.** Beyond a 10-month partial halt in 2009, Netanyahu has refused to freeze construction in settlements.

others are opposed.

The vote will not change the situation on the ground, yet the Palestinians still say it is significant.

Abbas has said UN recognition is not meant to replace negotiations with Israel, but to improve Palestinian leverage and secure the pre-1967 war frontiers as the baseline for future border talks — an idea Israeli Prime Minister Benjamin Netanyahu has rejected.

THE ASSOCIATED PRESS



Unhappy with Harper

Palestinians hold pictures of Prime Minister Stephen Harper superimposed with a face of a dog during a protest in front of the Canadian representative offices in the West Bank city of Ramallah, Wednesday, following Harper's remarks about the Palestinian UN bid for an observer-state status. Canada affirmed its steadfast opposition to Thursday's vote at the United Nations to confer statehood on Palestine, saying it would not support any "shortcuts" to peace with Israel. MAJDI MOHAMMED/THE ASSOCIATED PRESS

Strong ties

Gaza residents say thanks to Iran

Residents of the Gaza Strip on Wednesday plastered large billboards in key locations thanking Iran for its help during a recent eight-day battle against Israel.

The posters reflected the strong ties between Iran and the Hamas and Islamic Jihad militant groups in Gaza. Israel considers Iran to be its most dangerous enemy, citing Iran's support for the militants and its suspect nuclear program.

During the fighting, Gaza militant groups fired hundreds of rockets into Israel, including Iranian-made "Fajr" missiles reaching as far as Tel Aviv and the outskirts of Jerusalem.

Israel has long accused Iran of funneling weapons into the Gaza Strip, but only recently have the militant groups openly acknowledged the origins of their arsenal.

The posters show the Al-Aqsa Mosque in Jerusalem, surrounded by Iranian and Palestinian flags, two hands in a handshake with the message, "Thanks and Gratitude to Iran."

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Ontario publisher charged with fake witchcraft healing

One wealthy warlock?
Police say he tricked a woman out of \$14,000 to remove an evil curse



JESSICA SMITH
Metro in Toronto

Police charged a Mississauga man with pretending to practise witchcraft Tuesday, a charge that's controversial in the community of practising pagans, but is also laid surprisingly often in Ontario.

Police allege Gustavo Valencia Gomes, publisher of Spanish-language newspaper el Negocio Redondo, advertised his services as a healer and then convinced

a woman that she and her family were cursed and that he could remove it for a price. She paid \$14,000 before police arrested him, officers said.

It's a common scam, said Ariana L'Heureux, a self-described witch who works at The Occult Shop in Toronto. The shop offers tarot card readings for a small fee.

The law separates true believers, like L'Heureux, from imposters who "pretend to be something they're not for monetary gain."

Brendan Myers, a pagan and a philosophy professor at the Cégep Heritage College, worries that the law could be used against law-abiding pagans. There are no equivalent laws for charlatans that abuse other faiths, he said.

On the other hand, he also worries the witchcraft charge could get fraudsters off the hook.

"What if someday a common uses these precedents to say what he did was religion and therefore it should be protected?"



The boss and the bean

Britain's Charles, Prince of Wales, left, meets entertainer Rowan Atkinson at the Prince's Trust Comedy Gala 2012 at the Royal Albert Hall in central London on Wednesday. DOMINIC LIPINSKI/THE ASSOCIATED PRESS



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Accused

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Number of Ontarians charged with pretending to practise witchcraft since 1999. Four of them were charged in the

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Medical woes. Women in agony ask Saskatchewan to pay for mesh removal



Marika English is going to California next week to get her mesh fully removed. It will set her back \$30,000 unless the government agrees to pay.
ALYSSA McDONALD/METRO IN SASKATOON

One woman has not been able to sit down for seven months.

Another says she feels like she has steel wool inside her.

A third fears she might not have more children.

Ruth Olson, Marika English and Stephanie Brad all say they're in agony because of complications from a surgical mesh.

And they're begging the province of Saskatchewan to pay for the mesh's complete removal.

"We are angry, we are sick and we are in pain," English said Wednesday at the Saskatchewan legislature.

The women had surgical mesh inserted through their vaginas to help with urinary incontinence and pelvic organ prolapse.

But the women say their meshes have failed and are poking into other organs.

They said the Saskatchewan health ministry has turned down their requests for funding out-of-country medical coverage.

The women said complete mesh removal is not available in Canada — that only partial removal is offered by a doctor in British Columbia.

THE CANADIAN PRESS

Liberal race. Garneau the spaceman wants to send Harper into orbit

The latest contender for the helm of the federal Liberals hopes his astronaut credentials will give him a lift.

Marc Garneau repeatedly played up his resumé as Canada's first man in space as he officially launched his leadership campaign Wednesday.

The Montreal MP touted himself as the Liberals' best hope for defeating Prime Minister Stephen Harper, having gained the necessary experience and leadership skills during an impressive career before jumping into the political arena in 2008.

"I want to be the prime minister of Canada, I want to be the Liberal leader," Garneau told a news conference in Ottawa.

"I will talk about my strengths and my strengths are proven."

"There will be no modesty

Quoted

"He's a man of ideas and strength."

Justin Trudeau, presumed Liberal frontrunner



Marc Garneau is well-regarded on Parliament Hill as a hard-working MP. PAUL CHIASSON/THE CANADIAN PRESS

here. I'm going to speak specifically about what I've done in the navy, what I've done in the space program, including being the president of the Canadian Space Agency."

Garneau insisted he's not daunted by the prospect of going up against fellow Montreal MP Justin Trudeau, the presumed favourite.

"When I sent in my application (to become an astronaut), I was one of 4,000 people and I ended up No. 1," Garneau said.

THE CANADIAN PRESS

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Swedish company TOP-TOY's newly released gender-neutral catalogue. TORSTAR NEWS SERVICE

Toy maker goes gender-neutral

Guns and dolls.
 Swedish company retooled after drawing criticism for gender roles in its catalogue

Quoted
 "Who says you can't bring out the masculine side of a girl?"

Shamie Ramgoolam, co-owner of Silly Goose Kids in Toronto, responding to TOP-TOY's new marketing strategy

Dolls for Billy, toy guns for Sally? One of Sweden's largest toy chains has caused a stir by publishing a gender-neutral catalogue showing girls playing with toys typically perceived as those for boys and vice versa.

TOP-TOY released its gender-neutral Christmas catalogue this week showing a girl brandishing a toy gun and a boy playing with a doll, after the company was previously chastised for being too conservative in encouraging outdated gender roles in its marketing material.

"We want our catalogues

to reflect the way boys and girls play in real life, and not present a stereotype image of them. If both girls and boys in Sweden like to play with a toy kitchen, then we want to mirror this pattern," said Thomas Meng, Retail Marketing Director for BR Toys and TOYS R US in the Nordic countries, in a statement online.

In 2008, the retailer was reprimanded by Swedish Advertising Ombudsman after customers complained about catalogues that featured girls dressed as princesses and boys dressed as superheroes.

The company decided to try a more gender-neutral approach to the catalogues and receive training from the Ombudsman's office.

Shamie Ramgoolam, co-owner of the toy store Silly Goose Kids in Toronto, says she tries to run her store with the same gender-neutral philosophy.

"It's the way it should be," said Ramgoolam. "Kids have certain things they like and they will play with what they like," she said.

Earlier this year, Sweden introduced a new gender-neutral pronoun — 'hen' — to replace he and she in its National Encyclopedia.

And since 2008, the government has spent millions on promoting gender equality in school, including introduction of laws and regulations that ensure that teachers are actively working to reverse gender stereotypes. TORSTAR NEWS SERVICE



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Muskat Falls

Hydro project may pose mercury concerns: Inuit

The proposed Muskrat Falls hydro project in Labrador will have major effects downstream, including potential health problems from mercury contamination that will infringe Inuit rights, says the Nunatsiavut government. It cites preliminary results from research samples indicating mercury from the Churchill River is already flowing into Lake Melville, a key food source for about 2,000 Inuit.

THE ASSOCIATED PRESS

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Gulf oil spill. BP cut out of new U.S. federal contracts

The Obama administration put a temporary stop to new federal contracts with British oil company BP on Wednesday, citing the company's "lack of business integrity" and criminal proceedings stemming from the Deepwater Horizon disaster in 2010.

The action by the Environmental Protection Administration won't affect current contracts, but prevents BP and its affiliates from new government contracts "until the company can provide sufficient evidence to EPA demonstrating that it meets federal business standards," the agency said.

"EPA is taking this action due to BP's lack of business integrity as demonstrated by the

company's conduct with regard to the Deepwater Horizon blowout, explosion, oil spill, and response," the agency said in a statement.

In London, BP said it had no immediate comment, but expected to make a statement later Wednesday.

EPA suspensions are standard practice when a criminal case raises responsibility questions about a company. The suspension came the same day two BP rig supervisors and a former executive were scheduled to be arraigned on criminal charges stemming from the deadly explosion and the company's response to the resulting oil spill in the Gulf of Mexico.

THE ASSOCIATED PRESS



Pools of dispersed oil collect on a section of the public beach in Grand Isle, La., a few months after the 2010 BP oil spill. Citing "a lack of business integrity" at BP, the Obama administration put a temporary stop to new federal contracts with the British oil company on Wednesday. GETTY IMAGES FILE

Anti-corruption squad nabs former SNC-Lavalin CEO

Fraud charges. Arrest relates to Montreal superhospital contract



Former SNC-Lavalin CEO Pierre Duhaime THE CANADIAN PRESS FILE

The former head of Canada's biggest engineering firm, who once mused that Quebec was taking sufficient measures to fight corruption in the construction industry, was arrested Wednesday by the squad at the centre of those efforts.

Pierre Duhaime, the former chief executive of SNC-Lavalin, was taken from his home by police in connection with alleged fraud involving one of Montreal's huge new superhospitals.

The arrest warrant alleges that Duhaime and Riasdh Ben Aissa, another former top executive, also committed conspiracy to commit fraud and uttered false documents in connection with a contract pertaining to the multibillion-dollar McGill University Health

Centre. The infractions are alleged to have taken place between April 30, 2009, and Aug. 31, 2011.

Duhaime was expected to be released on a promise to appear in court at a later date after being questioned by provincial anti-corruption squad investigators. Squad chief Robert Lafreniere said "international proceedings" have been initiated against Ben Aissa, who is currently detained in Switzerland. THE CANADIAN PRESS

Quebec construction inquiry

- A senator appointed by Prime Minister Stephen Harper says he could not possibly have known that some of his business contacts would someday be accused of having criminal Mafia links. Sen. Leo Housakos reacted Wednesday to details emerging from Quebec's construction inquiry, expressing frustration over what he called a smear-by-association campaign and a "witch hunt."

- Housakos was named at the inquiry for attending meetings that are being scrutinized at the high-profile probe. The inquiry heard he met with two men who now face numerous criminal charges in an unrelated affair.

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Osisko Mining Corp.

Police, officials raid Malartic gold mine in Quebec

Police participated in a raid on a major gold mine in Quebec, seizing documents related to its drilling and blasting practices Wednesday.

Provincial police moved in to grab documents at the Canadian Malartic mine, which belongs to Montreal-based Osisko Mining Corp.

They were joining representatives of the provincial environment ministry.

A spokeswoman for Environment Minister Daniel Breton said the raid was prompted by allegations that the company broke the conditions of the deal that allowed it to exploit the mine.

She said departmental officials demanded documents linked to drilling and blasting from April 2011 to October 2012.

The western Quebec site has been the largest gold mine in Canada, although it's set to be overtaken soon by the Detour Lake mine in Ontario.

THE CANADIAN PRESS

Telecom

Legal dispute between Nokia, RIM widens

Research In Motion was buffeted Wednesday by news that Nokia Corp. has asked courts in several countries to uphold a Swedish arbitrator's ruling that could prevent RIM from using certain patented wireless technology.

The arbitrator ruled recently that RIM is in breach of the companies' agreement and should be blocked from making or selling products with Wi-Fi communications unless it pays royalties to Nokia for certain technology rights.

"In order to enforce the tribunal's ruling, we have now filed actions in the U.S., U.K. and Canada with the aim of ending RIM's breach of contract," Nokia spokesman Mark Durrant said in statement.

He said Nokia licensed some of its technology to the BlackBerry maker in 2003 and they revised their arrangement in 2008. He said RIM asked a Swedish arbitrator to rule on terms of the deal, but Nokia fought back and prevailed.

THE CANADIAN PRESS

Central-banking brouhaha. British press gleefully puts Carneys through wringer

Bank of Canada Governor Mark Carney's wife is an eco-warrior with left-wing views? Who knew?

Welcome to the British press! London's leading newspapers have been having a field day putting Carney under the microscope, examining everything from his monetary policies to his personal life, since the stunning news a Canadian would be taking over as head of the Bank of England.

Among the stories published in The Telegraph Tuesday was "Ten facts about Diana Carney, wife of the new Bank of England Governor Mark Carney." It revealed, among other things, that she runs a website,

called ecoproductsthatwork.com, where she provides tips on gardening pots made from fired cow dung and where to buy \$10 vegan shoes.

On a more serious note, the story also noted the British-born mother of four girls was educated at Oxford and works as vice-president, research, at Canada 2020, an independent, progressive think-tank based in Ottawa.

Another Telegraph column goes a step further and attempts to explain Canada to the British, pointing out we're known for more than Mounties and maple syrup and that Carney is not the country's only bright light. **TORSTAR NEWS SERVICE**



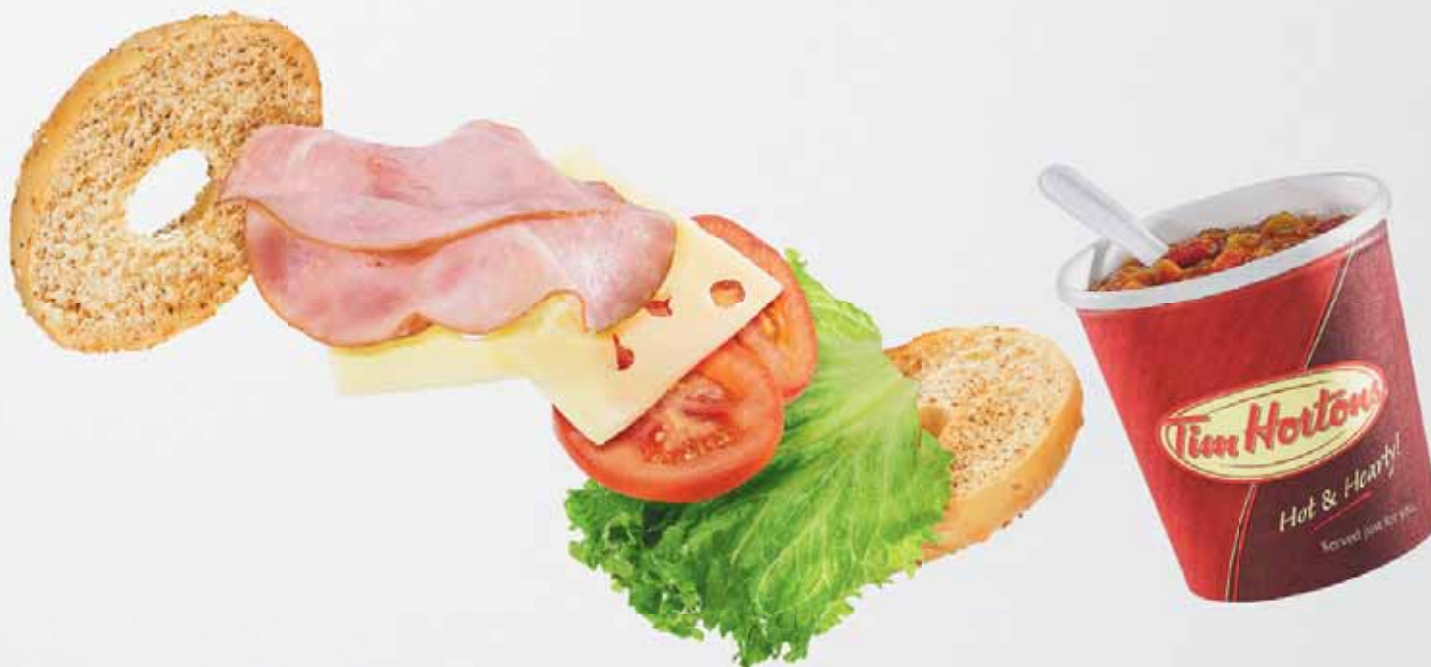
British tabloids are notorious for their relentless pursuit of private details about celebrities, the Royal Family and anyone else in the spotlight. GETTY IMAGES FILE



Ikea fans brave the cold

An estimated 2,000 people waited Wednesday morning to get a glimpse of Winnipeg's new Ikea store, which opened at 9 a.m. Roughly 800 of those dedicated shoppers lined up starting at midnight to be among the first through the doors. The weather got so chilly that the retailer let people wait in the warehouse overnight, but then asked them to step outside again around 7 a.m. so it could finish setting up.

SHANE GIBSON/METRO IN WINNIPEG



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HE SAYS...
John Mazerolle
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Oh, joy! It's once again that magical time of year when we get into the "spirit" of Christmas — so called because Christmas, as it was once understood, is dead by the end of November, either killed

by the Gods of Consumerism or trampled to death at a shopping mall by people clambering for this year's must-have present: Restraining Order Elmo. Fa la la la la la la la.

It all began last week, with people in their stretchiest shopping pants crawling all over each other during Grey Thursday, Black

Deck your fellow patrons

The more violent aspects seem solely American so far, but we might not be far behind. There were zombies lined up outside Canadian malls at 6 a.m. on Black Friday, because we saw the old ladies hurting each other on the TV and naturally thought, We want some of that.

This made perfect sense.

Watching the Black Friday swarm move through a mall like locusts — leaving behind employees wearing nothing but their smiley-face pins — is fascinating but frightening.

It occurs to me how fitting it is that the 1978 horror allegory Dawn of the Dead was a film about a shopping mall full of flesh-eating zombies that shuffled slowly in a slack-jawed, aimless stupor but that the more recent remake had fast zombies bounding through the mall in a quick, deadly crush. While the first film was clearly meant to mock the day's spirit of consumerism, I think the echo of fast, awful crowds in the second film was just good luck. Living death imitates art.

And all the more fitting since Christmas advertising now starts on Halloween.

The festivities used to kick into gear after Remembrance Day, but I suspect in the future we'll just tell kids the story of how The Veterans Saved Christmas while we enjoy our seasonal Peppermint poppy mochas.

The worst part of all for me is that, despite my non-believer status, I really like Christmas. I like the lights and the outdoor markets and most of the music, and so it kills me a little to see people getting all mobby over stuff they'll forget about by Jan. 3.

The more violent aspects seem solely American so far, but we might not be far behind. There were zombies lined up outside Canadian malls at 6 a.m. on Black Friday, because we saw the old ladies hurting each other on the TV and naturally thought, We want some of that.

In the spirit of Christmas giving, might I suggest that we return the favour by giving Americans our Boxing Day sales? Given their track record, they'll enjoy another shopping day while making the name more apt than ever.



Customers wait in line to enter Best Buy on Black Friday in Fort Worth, Texas. According to recent data, Black Friday is expected to attract zombies to Canadian malls by 2014. TOM PENNINGTON/GETTY IMAGES

Still trying to impress Olive Oyl



STEPHAN SAVOIA/THE ASSOCIATED PRESS

Ripped

Hey, Popeye, where's your pipe?

Don't tell Popeye. It turns out you don't need to eat your spinach to get the world's biggest arms. Bodybuilder Moustafa Ismail insists they are all-natural, the result of a punishing workout regimen he started after a guest at his uncle's wedding in his native Egypt mocked his overweight frame.

"They call me Popeye, the Egyptian Popeye," Ismail, 24, said while working out in the Boston suburb of Milford. But unlike the

cartoon character, "I like chicken, beef — anything but spinach."

It's not easy having the world's biggest arms.

Skeptics say there must also be steroids or some other artificial means behind Ismail's beyond-bulging biceps and triceps, and Guinness World Records is now waffling on whether to recognize him.

Controversy ensued when Guinness decided to recognize him as having the largest upper-arm muscles. In response to critics, they are now conducting research with medical specialists and reviewing Ismail's category.

THE ASSOCIATED PRESS

Big guns

- Ismail started building his muscles in his Egyptian hometown of Alexandria before moving to the United States in 2007 and settling in Franklin, southwest of Boston.

- To pay for his gym membership and daily dietary requirements, he worked two jobs as a gas-station attendant, but gave up one after his wife began to complain that he was pushing himself too hard.

No sweat

31 inches

Ismail eats three kilograms of protein and four kilograms of carbohydrates, and drinks 11 litres of water each day to help maintain upper arms that measure 31 inches around — as big as a small man's waist. Generous amounts of poultry, seafood and shakes provide the protein he needs to fuel daily two-hour workouts in which he lifts as much as 600 pounds.

Online

Watch the video at metronews.ca



Register at metropolitanpanel.ca and take the quick poll

What did you do on Black Friday?

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ANYTHING
OTHER THAN
SHOPPING

17%
I RESEARCHED
AHEAD OF CYBER
MONDAY

16%
I SHOPPED IN
CANADA

17%
I VENTURED
ACROSS THE
BORDER

Twitter

@neonlilith: A bit of snow falls on the roads and #Ottawa drivers are suddenly inept... Really guys, really?

@Go_Taylor: Skating season in #ottcity will soon be here! The Rink of Dreams will be opening soon, so stay tuned #Ottawa #BayWard

@Jnaz22: It shouldn't take one hour to get from Sussex to @Carleton_U... But it does! #ottcity #oc-

transpoproblems #publictransit #rushhour #ottawa

@alloverthemapMG: Lots of flashing lights near O'Connor and Queen streets. Police car blocking the bus. #OC-Transpo #Ottawa

@CK_mom: Am I the only person who won't ride on the upper level of those double decker busses? I'd rather stand... #chicken #ottawa #oc-transpo



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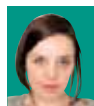


Kimiko Uriu has traipsed the world in search of tea. SUPPLIED

Tea for two (years in a row) at the Ottawa Tea Festival

Sipping celebration.

Local tea expert Kimiko Uriu began the festival last year to showcase and share knowledge of brews



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

In a city that boasts plenty of festivals, this weekend offers something a little different — the second annual Ottawa Tea Festival.

Creator Kimiko Uriu is the owner of local tea company

Kimicha Tea, and the founder of the Ottawa Tea Festival.

Having travelled to popular and remote tea regions all over the world, Uriu founded the festival last year as a way of sharing her extensive tea knowledge and tapping into a growing North American trend.

"There are a lot of fun things that you learn about each tea region when you travel there," she says.

To say Uriu knows a lot about tea would be an understatement. She is a Certified Tea Specialist and has worked for one of the largest Japanese tea companies, gaining experience and knowledge of every aspect of tea production.

Uriu also teaches a Tea

Sommelier course at Algonquin College, where she tells students about different regions, how tea grows and does food pairings and tea tastings.

Last year, Kimicha Tea submitted a black tea in the North American Tea Championship, the only professionally judged tea competition, and won.

With the Ottawa Tea Festival, Uriu is not only hoping to share tea culture with others, she also wants to give back to tea producing regions in need, supporting a different charity every year.

After last year's devastating earthquake and tsunami in Japan, a country known for its cultural association with tea, Uriu donated a portion

of the festival's proceeds to Japanese children in need.

This year, she will donate funds to the Asha for Education Canada — a charity that raises money for education in India.

The festival includes sampling, a traditional Japanese tea ceremony, musical and dance performances and expert presentations. There will also be plenty of local artisanal food producers on hand to offer goodies all sorts of treats.

Last year, the Ottawa Tea Festival attracted over 600 people. This year, Uriu is anticipating even bigger numbers.

She says North Americans really seem to be getting into tea, especially the more ex-

The Ottawa Tea Festival

- **When.** Saturday, from 11 a.m. to 6 p.m.
- **Where.** Ottawa Convention Centre (55 Colonel By Dr.)
- **Price.** \$15
- **Visit.** ottawateafestival.com

pensive, loose-leaf brands.

"I think it's gaining in popularity. There is a trend towards better teas, people are learning about teas. I think, when people start learning more, they start enjoying tea more."

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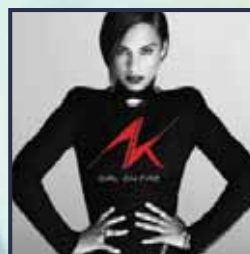
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Ray Liotta treads softly in his latest mob role

New movie. Best known for his bad guy roles, Liotta flips the script in *Killing Them Softly* as he becomes a good guy mobster

HEIDI
PATALANO
Metro World News

Ray Liotta knows how to give a hell of a fake beating. He's also good at taking one, as he does in his latest film — mobster drama *Killing Them Softly*. Though fans are still asking him to say lines from his iconic role in 1994's *Goodfellas*, the New Jersey native doesn't mind slipping back into the role of a gangster for Andrew Dominik's new film, especially since, as he says, he's playing a good gangster this time around.

In this film, the mob underworld serves as a microcosm for the country as a whole. So many people felt victimized by the 2008 financial crisis, which is when this film is set. The mobsters who get ripped off in the card game robberies represent the general public. What do you think is the allegorical message of all of that?

Just that everybody needs money. Everybody got hit. I'm not sure, but I guess it happens to all walks of life. You don't think of it as maybe hurting people who do illegal things, but it stands to reason (the effect of the crisis), I guess, would be across the board — good guys and bad guys.

It's refreshing how the film places the mob in the context of the crisis. Is that one of the things that attracted you to this role?

That was in the book ... But that's not why I did it. I did it more just because it was a really interesting story and it was nice to play somebody who was the victim as op-

Quoted

"Everybody got hit. I'm not sure, but I guess it happens to all walks of life. You don't think of it as maybe hurting people who do illegal things, but it stands to reason (the effect of the crisis), I guess, would be across the board."

Ray Liotta
Talking about the 2008 financial crisis.

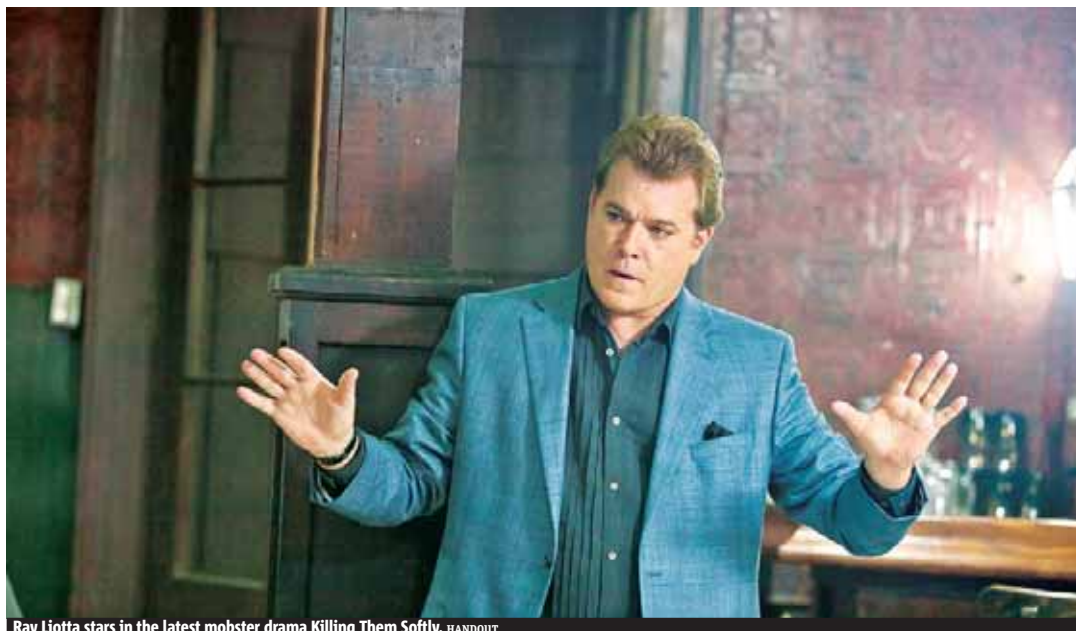
posed to the aggressor. It was different in terms of the bad guys that I've played.

What was the strangest mob story you've been asked to do?

I get to play cops — bad cops, some bad guys. I've only played two guys who were in the mob, *Goodfellas* and then I've got one coming out, *Ice Man*, which is a really good movie. I was asked to do *The Sopranos*, but it just wasn't the right time to do it. In the beginning of my career, I handled it very delicately in terms of limiting the bad guys. The irony of it all is I've never been in a fight in my whole life, yet I play and they ask me to do these kinds of guys.

You take such a beating in this movie. Have you ever been injured when doing any of these kinds of scenes?

No. It hurts more when you're the guy who's doing the beating. The biggest thing about that is trusting the people that you're working with, because you really have to know what to aim for and if they have the right camera angle it doesn't have to be close at all but there's always that fear that maybe you'll get hit. The biggest thing is to not anticipate what you know is coming and the most



Ray Liotta stars in the latest mobster drama *Killing Them Softly*. HANDOUT

frustrating thing about it is, I know I could have beaten those two guys up who do the beating on me. It took us like two days to do that one little scene, but over a period of time because we couldn't finish the scene because one of the guys backs went out. So, they were very fragile, those two.

Have you ever stepped back and appreciated a good beating you've done?

Um, you know you do so many angles you don't know and I don't watch the monitors or playback or anything like that. I just trust the stunt coordinator or the DP or whoever's behind the camera. I know watching *Goodfellas* when I went after that guy that lives across the street from Karen, who Lorraine Bracco played — I knew that was a pretty severe beating. I could just tell from the way people reacted. I was really in the zone there, but that one, the poor guy.

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Alicia Keys presents new side of herself

New album. Singer talks about the making of her fifth album, her son jumping on a track with her and re-designing who she is

Alicia Keys will make you cry. Cry hard.

That's what happened when a close friend listened

to the song Brand New Me, a personal piano-tune from Keys' new album that she calls her autobiography. On it, she sings about being herself, even if others don't approve.

"When I looked up from playing it, she was crying and she was like, 'Why didn't you warn me?' It caught her off-guard," Keys recalled in an interview.

"There's something

about a time in your life that we all go through — if you haven't gone through it you will — that you find you're going to rise above something that's kind of held you back and you find this thing inside of you that really says, 'I'm new now.'"

Keys' life has changed tremendously since she recorded The Element of Freedom three years ago.

She's now a mother and

Broadway producer, and has dealt with her first major tabloid drama, involving her relationship with her husband, producer-rapper Swizz Beatz, and his ex-wife.

And the 31-year-old Keys, who rarely collaborates with other singers, is working with new players: Girl on Fire, out this week, features Bruno Mars, Frank Ocean, Jamie xx, Nicki Min-

aj, Emeli Sande, Babyface, Dr. Dre, John Legend and Maxwell.

"I'm just way more open all around, and I really wanted to work with some different people this time that could really accentuate what I do," she said.

Keys talked about her fifth album, new haircut and two-year-old son.

What was it like writing Brand New Me, since the lyrics are so direct?

I think the whole album is more lyrical than ever before and I definitely think it is on a deeper level. ...

Maybe it's more accessible, or maybe I've given more access to myself.

I think the real thing is I'm clearer about who I am, myself and what I feel. And I think probably when I was younger, maybe you have more of a sense of wanting to save a part of yourself or hide a part of yourself, or protect a part of yourself or something like that, and that's just natural.

Your son is featured on When It's All Over. How did that happen?

We were in the studio working on it, and he came in and he was kind of seeing us sing and writing it, and so he wanted to see the mic, so I passed it to him and he started talking on it. But this is when he was like a year and three months, so what first was on there was kind of just the first words he was saying, but as time progressed and we were about to wrap the album, I was like, 'I really gotta get Egypt on ... because he's two now, he has a lot to say, he has a personality.' And so I brought him back into the studio ... and you'll notice, I'll ask him what's his name and he says, 'Showtime' (laughs). So for those that know my

Quoted

"We were in the studio working on it, and he came in and he was kind of seeing us sing and writing it, and so he wanted to see the mic, so I passed it to him and he started talking on it."

Alicia Keys

Talking about her son joining her on a track.

husband, you'll understand what that means.

Has being a mother changed the way you create music?

It was definitely strange. What really happened is I was a lot more precise about what I wanted to accomplish. ... Whereas before, it was kind of like endless hours in the studio, just doing everything. I'd be eating there. I'd be talking on the phone. I'd be doing music there. I'd be like hanging out, chillin', watch a movie there, like doing everything. It was less about that and more about, 'Here's what I'm coming to do, the vision I had for today and then I'm going home.' So it was a lot more specific and actually that focus was really good for me.

You cut your hair. How does it feel?

I love this hair. I love it chopped off. I love all the things I can do with it. In fact, I can do more things with my short hair than I could do with my long hair to be honest. It's just such a freeing, powerful feeling to have short hair and to let go of all the things in my past, you know, 'cause I feel like you start fresh. You start fresh and fly, and that's how I feel.

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Alicia Keys showcases a new side of herself on her latest album.

GETTY IMAGES



Angus T. Jones ALL PHOTOS GETTY IMAGES

Two and a Half Men actor Angus T. Jones apologizes over 'filth' remark

Two and a Half Men star Angus T. Jones is doing damage control following his remarks during an interview with a Christian website in which he called the hit show "filth" and urged fans not to watch it. Jones released a statement this week aiming to smooth things over with his bosses and

co-workers — though he pointedly didn't take back what he said. "I apologize if my remarks reflect me showing indifference to and disrespect of my colleagues and a lack of appreciation of the extraordinary opportunity of which I have been blessed," Jones' statement reads. "I never intended that."



Twitter



@jtimberlake

Memphis ... I love you. Always good to come home. Thanksgiving has got to be the best holiday. Also, I'm a pig.



@pattyduke_id

Have any of you heard or seen an article on twitter going to start charging a fee. Let me know, got a tweet saying it, but might be hacker



@JonahHill

Now I'm watching Black Swan and this movie is crazy and amazing



@JimCarrey

Archeologists are now saying that the visit of the 3 Magi to baby Jesus did happen but that the myrrh may have been a regift!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



That was quick! Jessica Simpson is pregnant again



THE WORD

Dorothy Robinson
scene@metronews.ca

Whoa. Here's some news I didn't see coming: Jessica Simpson is pregnant, again.

Seven months after giving birth to daughter Maxwell, Jessica Simpson is reportedly already expecting another child, according to Us Weekly. "It definitely wasn't planned," a source says. "But yes, Jessica is pregnant again." This would be the second baby for Simpson and fiancé Eric Johnson. A rep for Simpson has yet to comment.

Oh man, you guys. This brings up so many questions, mainly: What was she thinking? But also: Is she taking cues from notorious quick-turnaround-breeder Tori Spelling? (Ed note: Never, ever take life tips from Tori Spelling.) What will happen to her multimillion dollar campaign with Weight Watchers? Because you know girlfriend isn't going to slim down anytime soon. And does this mean we're all going to be subjected to photos of her being gigantic yet again? As someone who has a seven-month-old at home, I'm down with pregnant ladies and have nothing but respect for them, but my Us Weekly just finally stopped running photos of her waddling around L.A. Hey, paparazzi — I think we (and probably Jessica Simpson) could use a little break. Let's let her gestate in peace this go round, OK?



Gabriel Aubry

Gabriel Aubry fails to have restraining order from Halle Berry lifted

Gabriel Aubry's efforts to have the restraining order against him lifted following a Thanksgiving brawl with ex-girlfriend Halle Berry's fiancé, Olivier Martinez, have failed, with a judge denying his request to dismiss the ban, according to TMZ. The order, which

requires Aubry to stay at least 100 yards away from Martinez, Berry and the four-year-old daughter Aubry shares with Berry, Nahla, is set to expire today due to a clerical error, though Berry is expected to file a request to extend the ban.



Dolly Parton

Parton rubbishes gay best friend rumours

Despite being married to Carl Dean for 46 years, Dolly Parton has been dogged by rumours romantically linking her to best friend Judy Ogilvy for years. "Judy and I have been best friends since we were like in the third and fourth grade," Parton says in an interview with ABC's Nightline. "We still just have a great friendship and

relationship and I love her as much as I love anybody in the whole world, but we're not romantically involved." On the plus side, the persistent rumours did give Parton something she could bond over with Oprah Winfrey: "Like Gayle (King), her friend, Judy, my friend, they just think that you just can't be that close to somebody," Parton says.

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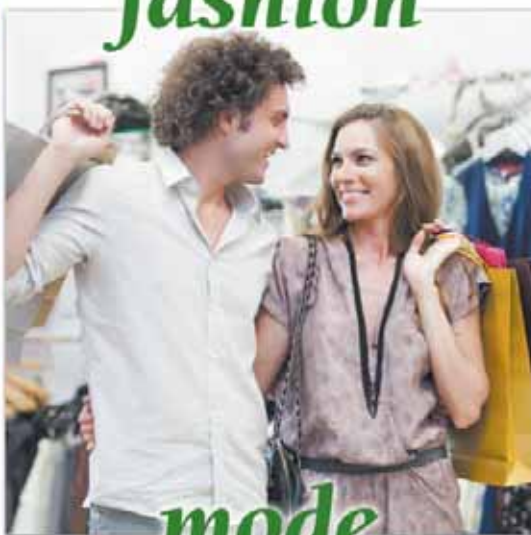
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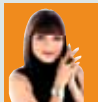


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@Jeanne_Beker: With the inspiring +lovely Senator Linda Frum. Just interviewed her at the Harold Green Theatre.



@Jeanne_Beker: Just 2 of the many FANTABULOUS prs of shoes that the divine @ConradNadeau has brought for our shoot.



@Jeanne_Beker: My girl Bekky @qualityslippers drops by @Mackenzie_photo for a visit + I grab her on the set! too. :)



@Jeanne_Beker: So many shots to choose from @EDITbyJeanneB for spring! Love @Mackenzie_photo too. :)

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Architectural draftsman
Age: 23

What she's wearing

Zara jacket, Tiffany necklace, Forever 21 shirt, H&M jeans, Lola Shoetique shoes, Marc Jacobs bag, Ray Ban glasses

Her inspiration

"I try to avoid trends in favour of more classic looks — things I can mix and match easily."

THE KIT PHOTOBLOGGER: TIFFANY TRINIDAD,
TIFFANYTRINIDAD.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!



Gift picks

Five things to buy
your fashion-loving
BFF

Diana Vreeland

The Eye Has to Travel,
\$12, amazon.com.

As soon as she unwraps it, schedule in a girlie movie night.



Smythson

I've Got Nothing To Wear notebook, \$80, smythson.com.

Nothing compares to a sexy, leather-bound notebook — iPhone be damned.



J. Crew

poplin set, \$70, jcrew.com.
These classic PJs are cozy enough for bed and chic enough to wear out on the street.



Kenneth Jay Lane

earrings, \$180, netaporter.com.
The cocktail ring is so predictable. Try these timelessly glamorous beauties instead.

Sophie Hulme

leather tote, \$870,
sophiehulme.com.

The it bag died years ago, but this tote just might bring it back.



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FUTURE SHOP



Unlikely trio of cherries, almonds and wild rice wows in Stuffed Pork

This impressive dish features juicy pork tenderloin filled with dried cherries, hearty wild rice, herbs and roasted almonds. It's sure to be the star of your gathering and will have your guests coming back for more!

Ingredients

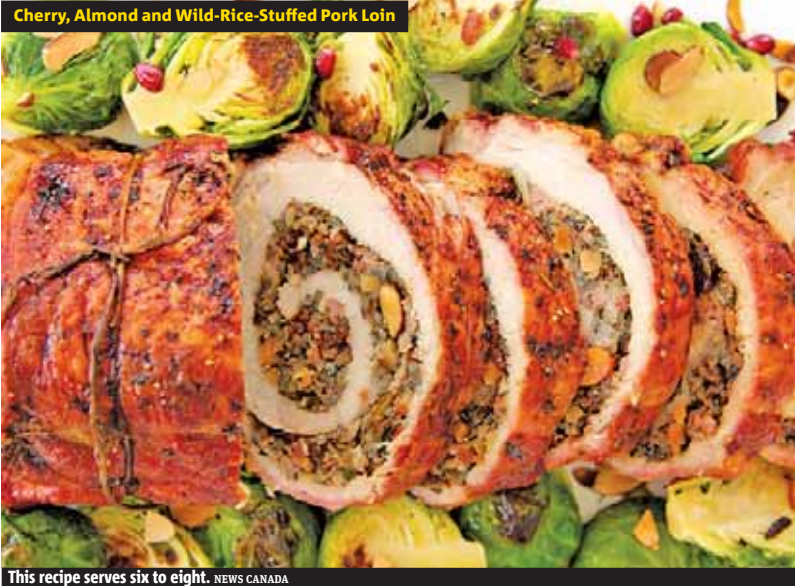
- 2 tbsp (30 ml) olive oil
- 1 small yellow onion, diced
- 6 oz (170 g) Italian sausage, removed from casing
- 2 cloves garlic, minced
- 1/4 cup (50 ml) chopped parsley
- 1 tbsp (15 ml) chopped fresh thyme
- 1 tbsp (15 ml) chopped fresh rosemary
- 1/3 cup (75 ml) coarsely chopped dried cherries
- 1/2 cup (125 ml) coarsely chopped roasted almonds
- 1 cup (250 ml) cooked wild rice
- Salt and pepper to taste
- 2 1/2 lb (1.1 kgs) boneless pork loin, filleted
- Kitchen twine for wrapping
- Salt and pepper for topping

1. In a medium saucepan over medium heat, warm olive oil. Add onions and sauté until translucent, about 3 to 5 minutes. Add sausage and garlic and cook until browned and cooked through. Remove from heat and add parsley, thyme, rosemary, dried cherries and almonds. Stir in wild rice; add salt and pepper to taste.

2. Preheat oven to 350 F (180 C). Spread filleted pork loin out on a clean work surface. Top pork loin with prepared stuffing from edge to edge. Starting from the short side, roll pork loin and stuffing into a spiral.

3. Tie roll together with heavy-duty kitchen string in the centre and at the two ends of roast to prevent it from unrolling in the oven. Place roast on a rack in a shallow roasting pan and sprinkle generously with salt and pepper. Insert an oven-safe meat thermometer into the centre of the roast and cook for 1 hour.

Cherry, Almond and Wild-Rice-Stuffed Pork Loin



This recipe serves six to eight. NEWS CANADA

Reduce heat to 325 F (160 C) and continue to cook for another 45 to 60 minutes.

4. Remove roast from the

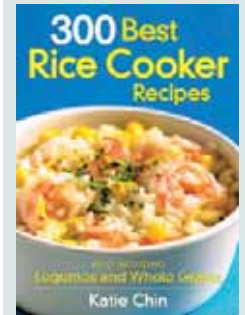
oven once the meat thermometer reaches 160 F (71 C). Allow meat to rest in the pan, loosely covered with foil for 20 to 30 minutes.

5. Remove from pan and cut twine away from the roast. Slice and serve.

NEWS CANADA/ ALMOND BOARD

Cookbook of the Week

Rice up your dinner



The recipes in 300 Best Rice Cooker Recipes by Katie Chin are inspired by flavours from around the corner and around the world. They also prove that every type of meal can be prepared in a rice cooker, from appetizers, soups and salads to main dishes, one pot meals and side dishes.

Delicious and time-saving recipes, perfect for busy working families and gourmet cooks alike include: Grits Jambalaya, Roasted Corn and Quinoa Salad, Chocolate Banana Oatmeal, White Chipotle Turkey Chili, Lemon Risotto with Shrimp and more. METRO

Asian Barely and Wild Rice Salad. Get your fibre

Fibre-rich barley and wild rice take on Asian flavours in easy salad

1. In a large saucepan, bring wild rice and chicken broth to a boil. Reduce heat and simmer for 15 to 20 minutes. Add barley and continue simmering an additional 40 minutes. Cover and let stand until

all moisture is absorbed. Let cool.

2. In a large serving bowl, place barley mixture. Add remaining ingredients except pecans and mix well. Cover and refrigerate for 2 hours or overnight. Add pecans just before serving.

THE CANADIAN PRESS/ ALBERTA BARLEY COMMISSION

Ingredients

- 250 ml (1 cup) wild rice
- 1 l (4 cups) chicken broth
- 250 ml (1 cup) pot or pearl barley
- 75 ml (1/3 cup) soy sauce
- 75 ml (1/3 cup) rice vinegar
- 50 ml (1/4 cup) sesame oil
- 2 medium red peppers, chopped
- 50 ml (1/4 cup) chopped green onions
- 500 ml (2 cups) frozen corn, thawed
- 500 ml (2 cups) chopped pecans



大統華 T&T

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SPECIAL INFORMATION FEATURE

Alcoholiday: New Orleans

The Big Easy. Discovering a variety of regional craft beer flavours while on vacation



JEFF
O'REILLY
For Metro

**"Oh, he occasionally takes an alcoholiday."
— Oscar Wilde**

With snow on the ground and a hectic Christmas season staring us in the face, this is the perfect time to let your mind wander and imagine heading south to recharge somewhere hot, new and exciting. And when it comes to excitement, it's no wonder that New Orleans remains one of the United States' "10 most visited cities" since it seems to have a little bit of everything.

New Orleans is hard to beat to see amazing live entertainment. The city boasts being the birthplace of jazz, home of the Delta blues, and the epicentre of Cajun and Zydeco.

The city's musical legacy includes being home to the likes of Louis Armstrong, Harry Connick Jr., The Neville Brothers, Dr. John and Lil Wayne, among others. And you can't walk anywhere in the French Quarter without hearing live music in the background. Not only is New Orleans famous for the unparalleled rowdy nightlife of Bourbon Street, it is the backdrop to one of the biggest and most notorious parties in the world — Mardi Gras.

The Big Easy is also home to the NBA's Hornets, the NFL's Saints, the annual college football Sugar Bowl and Bayou Classic games and the PGA's Zurich Classic — im-

Ambassador

- Abita Brewing is a great ambassador to the spirit of New Orleans. After the devastation of hurricane Katrina that saw more than 80 per cent of the city under water and an estimated \$81 billion in damages, Abita — the state's 15th largest craft brewer — dedicated this beer (Restoration Pale Ale) to the area's recovery and has raised more than \$550,000 in its hurricane relief effort. Also look for its Purple Haze (raspberry lager), AndyGator (Helles Doppelbock) and TurboDog (brown ale) as standouts.

pressive for a city that has a metropolitan area similar in size to Ottawa's.

With a balmy sub-tropical climate, palm trees, and the mighty Mississippi River to distract you, culinary tourism continues to grow as the city's kitchens serve up a truly inspirational and extremely influential cuisine of Creole and Cajun dishes that thrive on diverse multi-cultural influences, regional agriculture and access to exceptional seafood.

Not only is the area the home of Tabasco sauce and the mighty Mississippi River to distract you, culinary tourism continues to grow as the city's kitchens serve up a truly inspirational and extremely influential cuisine of Creole and Cajun dishes that thrive on diverse multi-cultural influences, regional agriculture and access to exceptional seafood.

I was happy to sample some unique and interest-



Jenn offers up an Abita AndyGator to go at the Jackson Brewery on the banks of the mighty Mississippi River in New Orleans. JEFF O'REILLY/FOR METRO



Mozzarella di Buffalo. VANESSA SIMMONS/FOR METRO

Italy's finest cheese with a Canadian flair



CURD ON
THE STREET
Vanessa Simmons
For Metro

Sweeter version

- This Canadian version of Buffalo Mozzarella is a bit sweeter than its Italian cousin due to the fact that salt is added as the cheese is made as opposed to after, with salt water brining (which also develops a thin, skin-like rind).

This week's cheese pick was inspired by my recent tour around Italy and the empty place left in my heart (and stomach) for the country's fresh, home-made, melt-in-your-mouth, soft artisan cheeses.

After living on fresh cheese daily for almost a month, I'm thrilled to return home to discover new finds at my local cheese haunt — Bella Cassara Mozzarella di Buffalo, Burrata & Fiore di Latte made by Quality Cheese in Toronto. Italy's finest is made here with a touch of Canadian flair by three Borgo brothers who believe passionately in making cheese from the heart that reflects in their product. "Do it right or don't do it at all" is the motto.

Ottawa, we can now experience the luxury of hand-crafted silky artisan Mozzarella di Buffalo as it's meant to be. Enjoy the fresh, mild, milky flavour and smooth, silky texture of this oh-so-versatile cheese made from local

buffalo (yes, water buffalo) milk.

The small, soft, delicate hand-pulled rounds pair perfectly with both sweet and savoury accompaniments. Michael's Dolce Strawberry Balsamic Jam comes to mind. Chestnut honey, or Seed to Sausage Speck are my latest favourites.

These cheeses are available exclusively at The Piggy Market in Westboro. If you are lucky, you might happen upon rare sister cheeses Burrata (small, fresh, pouch-like cheese stuffed with cream and mozzarella curd) or Fiore di Latte (small cow's milk drops), too.

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NOW AVAILABLE!

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Rotating Seasonals

327 Wine Bar chefs get creative

New seasonal menu.
Restaurant serves generous entrees in relaxed atmosphere

SAMANTHA EVERTS
For Metro

327 Wine Bar has unveiled a new seasonal menu that will delight your taste buds. The restaurant is among the hot spots dotting Somerset Street West, making it a new foodie destination — and with good reason.

Chefs Timothy Barton and Brad Henderson have more than 40 years of experience combined in the finest city restaurants.

"We were good, good, friends going into this," Barton said of opening the contemporary cuisine restaurant this past summer.

With most wine bars in the city offering tapas-style dining, the two chefs/owners had a different vision.

"We're both chefs, we both knew if we went with little bits and bites it would be torture for us. We really

tap into our creative side," Barton said.

The restaurant serves generous entrees in a small, but relaxed atmosphere. Barton and Henderson keep it fresh by switching every two weeks between front of the house and executive chef.

"When I see Brad's specials we push each other to try new things," Barton said.

New Zealand fall-off-the-bone tender braised lamb shank with warm, rich gravy and roasted market vegetables was served at the menu launch, along with innovative twists on appetizers, like the hoison-marinated regional duck breast over a chow mein salad.

"We make dishes that we know work," Barton said.

A reasonably priced Table D'hôte is recommended (we spied a pan-fried rainbow trout with tandoori cream sauce that sounded divine), but smaller build-your-own sharing charcuterie plates are available, making it a great place to share more than a local bite.

327 Wine Bar is located at 327 Somerset St. For more, see 327winebar.ca.



An always generously portioned braised lamb shank with roasted sweet potatoes and market vegetables in a rich and comforting gravy at 327 Wine Bar.

SAMANTHA EVERTS/FOR METRO

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Chef Demonstrations

Join chefs Christopher Lord of Union 613 and Gold Medal Plates winner Jamie Stunt of Oz Kafé, as they create inspiring local dishes.

Sunday, December 2nd
10:00 am Christopher Lord, Union 613
1:30 pm Jamie Stunt, Oz Kafé

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Are you a property virgin? Your real estate goals could be closer than you think

EMMA
GODMERE
life@metronews.ca

Owning your first home is a major milestone. Buying property is likely one of the first significant investments you'll ever make — and it's an investment that you get to enjoy while it appreciates.

For young people in particular, the idea of getting a mortgage can feel like an insurmountable obstacle amid the reality of student and consumer debt, but your real estate goals don't have to be as far away as you think.

"You can never start too early," says Mark Salerno, corporate representative with the Canada Mortgage and Housing Corporation. "If you start early enough, you're going to know the degree of challenge that you're going to have."

Salerno suggests first meeting with your bank to assess what kind of mortgage you might qualify for. Some hopeful homeowners may need to address debt and income concerns before taking the plunge, but banks and credit counselling agencies can help you become a better mortgage candidate.

If you're given the green light, the next task is finding a realtor.

Realtors will be able to shed light on market conditions, trends and prices, and help you

Start sharing

This is the fourth in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

How did you find your first apartment? Any tips

you'd like to share? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your stories.



Three things to consider when looking for a new home

- Do you want a new home or a resale home? New homes will offer more up-to-date features, but can incur extra costs like GST or HST, for which there's no rebate if the house is more than \$450,000. Resale homes may need renovations, but are most likely surrounded by established neighbourhoods.
- Is the neighbourhood sustainable? A sustainable neighbourhood ideally offers affordable homes, access to public transportation, and proximity to schools, shops and work. Residents in sustainable neighbourhoods should also be able to choose healthier transportation options, like walking and cycling.
- How much space do you need when it comes to bedrooms, bathrooms, storage, and outdoor areas? The CMHC recommends buying a home that meets most of your projected needs for the next five to 10 years.

comb through real estate listings.

A good place to start is with the Canadian Real Estate Association, which can link you to a realtor in your area. Realtors can also connect you to other important individuals like home inspectors and help negotiate a deal when you're ready to buy. Some financial analysts may suggest renting a home is a better long-term approach,

but while Salerno agrees it can be the more affordable option, he emphasizes the benefits of investing in your own piece of real estate are worth the purchase.

"The market, on average, over time appreciates and you then have a means to build equity in your home," he says. "If you're in a renting situation, you're paying a mortgage — but it's your landlord's mortgage."

Both sides have valid claims in NHL negotiations: Expert

Lockout. League and players will meet separately with mediators again on Thursday

It's a good thing U.S. federal mediators aren't seeking to determine right and wrong while meeting with the NHL and NHL Players' Association this week.

According to sports management professor Aubrey Kent of

Temple University in Philadelphia, both sides have a valid reason to claim that they are in the right when it comes to their ongoing labour dispute.

"For me, the whole issue comes down to perspective," Kent said Wednesday in an interview. "Players feel as though they're being bullied and strong-armed and having things taken away — I can see that that's a legitimate perspective. Owners feel from a dollar-value perspective that the next seven years they've offered would be far more lucrative

than the previous seven years were, even as good as that was.

"And if you crunch the numbers, that's actually true as well."

No wonder the sides remain so entrenched in their positions.

They met separately with mediators Scot L. Beckenbaugh and John Sweeney on Wednesday afternoon at an undisclosed location — something Kent didn't anticipate would result in a "seismic" shift in perspective from either side. The non-binding sessions are intended

to try and help the sides find some common ground, and will continue Thursday.

The last move at the bargaining table came from the NHLPA, which presented a new offer last week that moved within \$182 million of the league over a five-year deal. Commissioner Gary Bettman said they remained "far apart."

The work stoppage comes at a time when NHL franchise values have never been higher, with the annual Forbes rankings released Wednesday valuing 20 of the league's 30 teams

at \$200 million or higher.

"Both sides feel they can get a better deal by waiting it out, but my view is that time only helps owners in these negotiations," said Kent. "And it's not just in this particular negotiation, but in any labour dispute. Employees are always at a disadvantage because salary lost is never regained."

"Whereas owners were there before the players and they'll be there after the players and they have plenty of time to make up anything that is lost."

THE CANADIAN PRESS



Canadian skier ready to launch assault on slopes

Larisa Yurkiw, from Owen Sound, prepares to blast out of the starting gate during a women's downhill training run at the Lake Louise Winterstart World Cup on Wednesday in Lake Louise, Alta. Yurkiw, competing at the Lake Louise World Cup for the first time since 2009, travelled a long road back from a catastrophic knee injury to be Canada's lone woman racing World Cup downhill this week. JONATHAN HAYWARD/THE CANADIAN PRESS

Hockey

Wings prospect faces 'super drunk' driving charges

Detroit Red Wings prospect Riley Sheahan faces charges under Michigan's tougher "super drunk" designation following a traffic stop during which police discovered him clad in a Teletubby costume.

According to a Grand Rapids police report obtained by MLive.com, Sheahan twice registered a blood alcohol level of 0.30 per cent following his arrest on Oct. 29. The driving limit is 0.08 per cent and the benchmark for the "super drunk" designation is 0.17 per cent.

Police say he was wearing the costume of a purple Teletubby, also known as Tinky Winky, during the stop. The 20-year-old Grand Rapids Griffins centre from St. Catharines played in college at Notre Dame.

THE ASSOCIATED PRESS

4 SPORTS



News worth sharing.

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NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
Miami	10	3	.769	—
Brooklyn	9	4	.692	1
New York	9	4	.692	1
Milwaukee	7	5	.583	2 1/2
Atlanta	8	4	.667	1 1/2
Philadelphia	9	6	.600	2
Boston	8	6	.571	2 1/2
Charlotte	7	6	.538	3
Indiana	7	8	.467	4
Chicago	6	7	.462	4
Orlando	5	8	.385	5
Detroit	4	11	.267	7
Cleveland	3	12	.200	8
Toronto	3	12	.200	8
Washington	0	12	.000	9 1/2

WESTERN CONFERENCE				
	W	L	Pct	GB
Memphis	10	2	.833	1/2
San Antonio	12	3	.800	—
Oklahoma City	11	4	.733	1
Golden State	8	6	.571	3 1/2
L.A. Clippers	8	6	.571	3 1/2
Denver	8	7	.533	4
Utah	8	7	.533	4
Houston	7	7	.500	4 1/2
L.A. Lakers	7	8	.467	5
Dallas	7	8	.467	5
Phoenix	7	8	.467	5
Minnesota	6	7	.462	5
Portland	6	8	.429	5 1/2
New Orleans	4	9	.308	7
Sacramento	4	10	.286	7 1/2

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Wednesday's results
San Antonio at Orlando
Portland at Washington
Phoenix at Detroit
Brooklyn at Boston
Charlotte at Atlanta
Dallas at Chicago
Toronto at Memphis
New York at Milwaukee
Houston at Oklahoma City
Utah at New Orleans
Minnesota at L.A. Clippers
Tuesday's results
Philadelphia 100 Dallas 98
Phoenix 91 Cleveland 78
Houston 117 Toronto 101
Minnesota 97 Sacramento 89
Indiana 79 L.A. Lakers 77
Thursday's games — All Times Eastern
San Antonio at Miami, 8 p.m.
Denver at Golden State, 10:30 p.m.
Friday, November 30
Phoenix at Toronto, 7 p.m.
Brooklyn at Orlando, 7 p.m.
Philadelphia at Charlotte, 7 p.m.
Portland at Boston, 7:30 p.m.
Washington at New York, 7:30 p.m.
Cleveland at Atlanta, 7:30 p.m.
Milwaukee at Minnesota, 8 p.m.
Detroit at Memphis, 8 p.m.
Utah at Oklahoma City, 8 p.m.
Indiana at Sacramento, 10 p.m.
Denver at L.A. Lakers, 10:30 p.m.
Saturday, December 1
Portland at Cleveland, 7:30 p.m.
Brooklyn at Miami, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Utah at Houston, 8 p.m.
Oklahoma City at New Orleans, 8 p.m.
Boston at Milwaukee, 8:30 p.m.
Memphis at San Antonio, 8:30 p.m.
Detroit at Dallas, 9 p.m.
Indiana at Golden State, 10:30 p.m.
Sacramento at L.A. Clippers, 10:30 p.m.

LATE TUESDAY				
ROCKETS 117, RAPTORS 101				
TORONTO (101)				
Bargnani 8-12 2-2 21, Ross 9-17 0-0 19, DeRozan 5-10 2-3 12, Calderon 4-9 0-0 12, Davis 5-6 2-2 12, Valanciunas 5-10 2-3 12, Lowry 3-10 1-7, Johnson 2-5 0-1 4, Lucas 1-5 0-0 2, Kleiza 0-1 0-0 0, McGuire 0-1 0-0 0. Totals 42-86 9-12 101.				
HOUSTON (117)				
Harden 8-19 2-3 24, Patterson 7-14 6-7 22, Parsons 7-13 2-2 18, Lin 7-9 1-2 16, Asik 6-9 1-2 13, Morris 4-6 1-1 11, Cook 2-4 0-0 5, Smith 1-5 3-4 5, Douglas 1-4 0-0 3. Totals 44-83 16-21 117.				
Toronto	23	28	28	22 —101
Houston	29	32	38	18 —117

3-Point Goals—Toronto 8-23 (Calderon 4-8, Bargnani 3-4, Ross 1-4, Lowry 0-3, Johnson 0-2, Lucas 0-2). Houston 13-26 (Harden 4-8, Patterson 2-4, Parsons 2-4, Morris 2-3, Douglas 1-3, Cook 1-2, Lin 1-2).
Rebounds—Toronto 39 (Lowry 8, Johnson 5, Valanciunas 5, Ross 5, Bargnani 4, Davis 4, DeRozan 3, Gray 2, Lucas 2, McGuire 1). Houston 45 (Asik 18, Parsons 7, Harden 6, Patterson 5, Lin 4, Smith 2, Douglas 1, Cook 1, Morris 1). **Assists**—Toronto 25 (Calderon 7). Houston 30 (Harden 12). **Total Fouls**—Toronto 15, Houston 15.
A—12,907. T—2:02

NBA LEADERS					
SCORING AVERAGE					
	G	FG	FT	PTS	AVG
Bryant, LAL	15	138	108	416	27.7
Anthony, NYK	13	121	71	342	26.3
Durant, Okl	15	125	115	389	25.9
James, Mia	13	129	51	327	25.2
Harden, Hou	14	107	109	351	25.1
Westbrook, Okl	15	114	68	317	21.1
Mayo, Dal	15	107	55	312	20.8
Aldridge, Por	13	107	54	268	20.6
Bosh, Mia	13	94	73	263	20.2
Pierce, Bos	14	89	75	281	20.1
Gay, Mem	12	90	41	236	19.7
Lopez, Bro	13	107	36	250	19.2
Lillard, Por	14	94	45	267	19.1
Ellis, Mil	12	89	42	229	19.1
Duncan, SA	15	111	57	280	18.7
Holiday, Phi	15	107	45	278	18.5
Curry, GoS	14	87	50	257	18.4
DeRozan, Tor	15	103	62	274	18.3
Crawford, LAC	14	82	59	252	18.0
Bargnani, Tor	15	99	45	268	17.9
Howard, LAL	15	97	75	269	17.9
Batum, Por	14	87	40	249	17.8
Anderson, NO	13	88	8	230	17.7
Matthews, Por	14	87	38	246	17.6
Parker, SA	14	104	31	245	17.5
Deng, Chi	13	86	40	224	17.2
Monroe, Det	15	100	55	255	17.0
Randolph, Mem	12	80	43	203	16.9
Griffin, LAC	14	94	47	235	16.8
Williams, Bro	13	71	56	217	16.7
Walker, Cha	13	79	51	216	16.6
West, Ind	15	100	48	248	16.5
Jennings, Mil	12	78	25	198	16.5
Cousins, Sac	12	82	32	197	16.4
Jefferson, Uta	15	102	41	246	16.4
Lee, GoS	14	97	36	230	16.4
Sessions, Cha	13	67	72	213	16.4
Dragic, Pho	15	83	51	243	16.2
Paul, LAC	14	77	58	225	16.1
Horford, Atl	11	79	17	175	15.9
Garnett, Bos	14	88	46	222	15.9
Martin, Okl	15	67	65	235	15.7

NCAA				
AP TOP 25				
FOOTBALL				
Friday's games — All Times Eastern				
Pac-12 Championship				
No. 8 Stanford vs. No. 17 UCLA, 8 p.m.				
MAC Championship — At Detroit				
No. 18 Kent St. vs. No. 19 Northern Ill., 7 p.m.				
Saturday's games				
No. 7 Kansas St. vs. No. 23 Texas, 8 p.m.				
No. 12 Oklahoma at Texas Christian, 12 p.m.				
No. 16 Oregon St. vs. Nicholls St., 2:30 p.m.				
No. 24 Oklahoma St. at Baylor, 12 p.m.				
No. 25 Boise St. at Nevada, 3:30 p.m.				
SEC Championship — At Atlanta				
No. 2 Alabama vs. No. 3 Georgia, 4 p.m.				
ACC Championship — At Charlotte, N.C.				
No. 9 Arizona vs. Georgia Tech, 8 p.m.				
Big 10 Championship — At Indianapolis				
No. 14 Nebraska vs. Wisconsin, 8:15 p.m.				

BASKETBALL				
Wednesday's results				
No. 2 Duke vs. No. 4 Ohio State				
No. 9 Arizona vs. Northern Arizona				
No. 11 Creighton vs. Boise State				
No. 13 Michigan State at Miami				
No. 22 Illinois vs. Georgia Tech				
No. 24 UNLV vs. UC Irvine				
No. 25 New Mexico vs. Mercer				
Thursday's games				
No. 7 Florida vs. Marquette, 9 p.m.				
No. 8 Kentucky at Notre Dame, 7 p.m.				
No. 12 Gonzaga vs. Lewis-Clark State, 9 p.m.				
Friday's Games				
No. 6 Syracuse at Arkansas, 8:30 p.m.				
No. 10 Kansas vs. Oregon State at the Sprint Center, Kansas City, Mo., 8 p.m.				
No. 20 Georgetown vs. Tennessee, 6:30 p.m.				

SOCCER				
MLS CUP				
Saturday, Dec. 1 — All Times Eastern				
Houston vs. Los Angeles, 4:30 p.m.				

UEFA				
EUROPA LEAGUE				
Wednesday's result				
Hapoel Kiryat Shmona 0 Athletic Bilbao 2				
ENGLAND				
PREMIER LEAGUE				
Wednesday's results				
Chelsea 0 Fulham 0				
Everton 1 Arsenal 1				
Southampton 1 Norwich 1				
Stoke City 2 Newcastle 1				
Swansea 3 West Brom 1				
Tottenham 2 Liverpool 1				
Manchester United 1 West Ham 0				
Wigan 0 Manchester City 2				
LEAGUE CHAMPIONSHIP				
Wednesday's result				
Blackburn 1 Bolton 2				

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	18	9	6	2	1	49	43	21
Worcester	18	9	7	1	1	50	56	20
St. John's	19	9	9	0	1	46	53	19
Portland	18	8	8	1	1	57	61	18
Providence	16	7	8	0	1	33	48	15

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	17	10	3	1	3	59	36	24
Bridgeport	17	10	7	0	0	56	57	20
Connecticut	17	9	7	1	0	58	57	19
Adirondack	17	9	8	0	0	44	47	18
Albany	16	4	7	0	5	37	49	13

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	17	12	3	1	1	65	42	26
Binghamton	16	10	4	1	1	45	38	22
W-B/Scranton	18	11	7	0	0	48	40	22
Hershey	18	7	10	1	0	44	53	15
Norfolk	17	7	10	0	0	48	58	14

WESTERN CONFERENCE								
NORTH DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	18	12	2	2	2	51	32	28
Lake Erie	19	10	7	1	1	60	57	22
Rochester	16	9	6	1	0	58	48	19
Toronto	18	9	8	0	1	58	52	19
Hamilton	16	6	8	1	1	34	52	14
MIDWEST DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	17	10	5	1	1	62	53	22
Chicago	17	8	6	2	1	49	54	19
Rockford	19	9	9	0	1	60	62	19
Milwaukee	18	8	8	1	1	51	56	18
Peoria	18	6	9	2	1	43	66	15

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	19	12	5	0	2	67	52	26
Oklahoma City	18	11	5	1	1	62	53	24
Houston	18	9	6	1	2	61	55	21
Texas	17	8	7	1	1	42	51	18
San Antonio	17	4	10	0	3	39	55	11

Note: Two points awarded for a win, one for an overtime or shootout loss.

Wednesday's results

St. John's at Adirondack

San Antonio at Rochester

Hershey at Norfolk

Rockford at Chicago

Tuesday's result

Texas 5 Rockford 4

Thursday, Nov. 29

All Times Eastern

Oklahoma City at Houston, 8:05 p.m.

Friday, Nov. 30

Springfield at Manchester, 7 p.m.

Bridgeport at Hershey, 7 p.m.

Binghamton at Adirondack, 7 p.m.

St. John's at Albany, 7 p.m.

Texas at Grand Rapids, 7 p.m.

Worcester at Portland, 7 p.m.

Connecticut at Providence, 7:05 p.m.

Syracuse at W-B/Scranton, 7:05 p.m.

Toronto at Rochester, 7:05 p.m.

San Antonio at Lake Erie, 7:30 p.m.

Chicago at Milwaukee, 8 p.m.

Oklahoma City at Houston, 8:05 p.m.

Hamilton at Abbotsford, 10 p.m.

Horoscopes

Aries

March 21 - April 20

If you know a secret about a friend, you are strongly advised to keep it to yourself. Don't embarrass them by letting other people in on information they don't need to be aware of. You have secrets too!

Taurus

April 21 - May 21

You won't find it hard to win people round to your way of thinking. With your ruler, Venus, linked nicely to energy planet Mars others want to believe every word you say. Whether or not it's true is another matter.

Gemini

May 22 - June 21

Forget about your chores and responsibilities and do something strictly for fun. This is not a day to push yourself hard. This is a day to take things easy. Time spent in the company of friends will not be time wasted.

Cancer

June 22 - July 23

Today should be a fun day for you, followed by a fabulous Friday and a stunning Saturday. Romance is under good stars right now, so let a special person know just how much you think of them.

Leo

July 24 - Aug. 23

You will find it easier than usual to deal with family issues today, so make a point of trying to resolve disagreements with loved ones. It must not be all one-way traffic. It's not about blame, it's about helping each other.

Virgo

Aug. 24 - Sept. 23

Relaxation and affection are the keywords today. That applies not only to your dealings with loved ones but also to those you work with. Your laid back attitude will draw people to you.

Libra

Sept. 24 - Oct. 23

Listen to what others tell you and act on their advice. You may wonder why they are so eager to help you but the planets indicate there is no need to be suspicious. They just want to see you do well.

Scorpio

Oct. 24 - Nov. 22

Cosmic changes over the next few days will bring challenges of a serious nature, but that does not mean you can't have fun as well. Today's Venus-Mars link will bring out your playful side — and maybe your romantic side too.

Sagittarius

Nov. 23 - Dec. 21

Don't let money worries get in the way of taking a personal relationship to a new level. You don't have to spend a fortune to have fun with the object of your affection, just do things together that you both enjoy.

Capricorn

Dec. 22 - Jan. 20

Make sure you get out and about, and interact with wide a range of people today. The more you are on the move, the more likely it is you will meet someone with whom you can make beautiful music.

Aquarius

Jan. 21 - Feb. 19

Watch out for opportunities to boost your reputation today. Venus in the career area of your chart, linked to go-getting Mars, will open doors to you that may have been closed before. Or maybe you never knew they existed!

Pisces

Feb. 20 - March 20

Your sparkling personality will draw people to you like moths to a flame today. Wherever you go, others will want to be your friend, and you'll have more than enough warmth to go around. **SALLY BROMPTON**

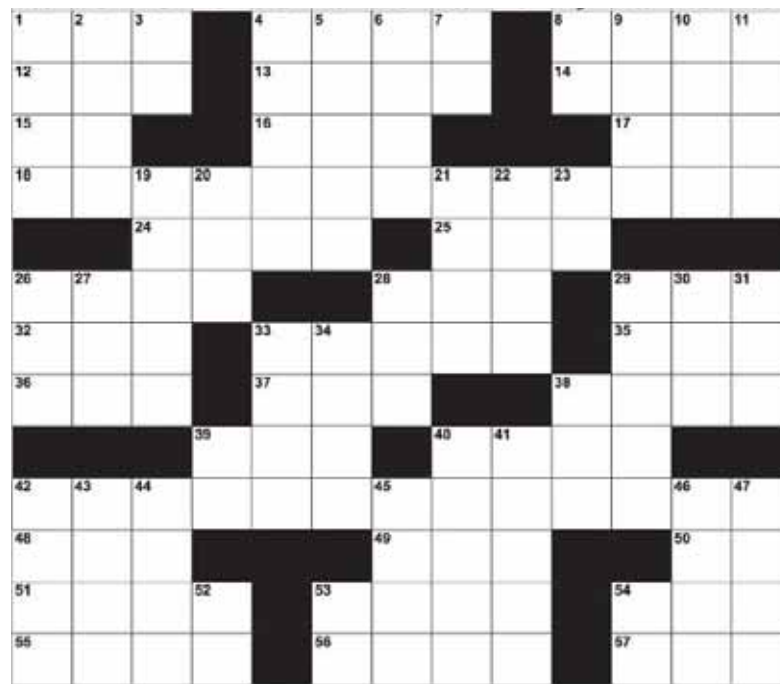
Crossword

Across

- Pot cover
- Heard on Perry Mason
- Wing reach
- Electrified particle
- Inspired
- Tedious office job
- Movie alien
- Cheers was one
- Orange Pekoe or Earl Grey
- Buffy the — (2 words)
- First class (2 words)
- Carol Burnett tugged this
- Bundle
- Barn layer
- Precious jewel
- Food scrap
- Easel board
- Speedwagon
- Mornings (abbr.)
- Exclamations of contentment
- He played the Skipper on Gilligan's Island
- Scrape out a living
- Slime
- Set a programme to music
- Sales agent (abbr.)
- Hard knock
- Egyptian Sun God
- Extremely dry
- Found in an atlas
- Cup
- Greet
- Pochard
- Wheel of Fortune purchase

Down

- Actor Schreiber
- Small amount
- He starred in "The Pink Panther" movies (init.)
- Log home
- Alert
- Withered
- Asner or Norton



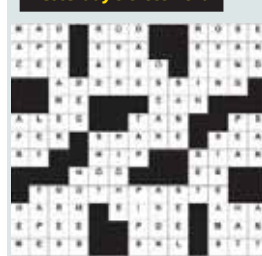
BY BETTY MARTIN

- Nora on Brothers & Sisters (init.)
- Feel sorry for
- Aweather
- Close by
- Soda fountain treats
- "The Raven" poet
- As — on TV
- Acreeage
- State where Evening Shade was set (abbr.)
- Fancy scarf

- Upper limb
- This Hour — 22 Minutes
- Diagram
- Slippery fish
- One of The Three Stooges
- Japanese wine
- Only Cosby son the The Cosby Show
- Jump
- Hospital waiting room (abbr.)
- Green or purple fruit

- Slip up
- Study hard for a test
- Come the Brides
- Early Ron Howard role
- Metric weight
- Moran of Happy Days
- Giant powerful dog: Great —
- The star of The Apprentice (init.)
- Form of address
- British thanks

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	1	7	6	3	2	4	9	8
4	6	9	1	8	5	2	7	3
2	8	3	9	7	4	1	6	5
8	4	2	3	1	6	9	5	7
1	7	5	2	9	6	6	3	4
3	9	6	5	4	7	8	1	2
7	2	1	8	5	9	3	4	6
6	3	4	7	2	1	5	8	9
9	5	8	4	6	3	7	2	1

			3	2			5	7
4	3			5	9			1
	4				3		9	
	1	2				6	7	
	5		8				1	
9			1	6			4	2
1	8			3	5			

Today

Light snow

70%

Friday

Variable

Know what the weather will be 14 days from now. Check the 14 day trend.

TWN incorporates MSC data

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REBATE**



RVR GT
model shown



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5.7
7.8



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Terms: 96 Months at 4.75%

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Freight and PDI included
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Terms: 96 Months at 4.75%

2013 MAZDA2 GX



Starting at
\$15,590
- \$2,000 Cash Discount
OR
\$32/week
Freight and PDI included
Plus taxes with a \$2000 trade or deposit
Terms: 96 Months at 4.75%

2013 MAZDA6 GS

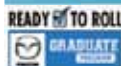


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